

**CLAIMS**

We claim:

1. A wrist and forearm attachment for use with a resistance machine or resistance device, comprising:
  - a handle for gripping by a user, said handle having a predetermined diameter and a predetermined length;
  - a guard affixed to said handle at or near a first end of said handle, said guard having a diameter or cross-wise distance that is larger than said predetermined diameter so as to protect a user's hands; and
  - a first connector projecting from said first end of said handle for securing said handle to a resistance machine or resistance device.
2. The wrist and forearm attachment of claim 1 wherein said predetermined length of said handle is at least six inches.
3. The wrist and forearm attachment of claim 1 wherein said predetermined length of said handle is at least eight inches.
4. The wrist and forearm attachment of claim 1 wherein said handle includes indicia or defined regions along its length indicating a plurality of gripping locations.
5. The wrist and forearm attachment of claim 1 wherein said diameter or cross-wise distance of said guard is at least twice the predetermined diameter of said handle.
6. The wrist and forearm attachment of claim 1 wherein said guard is circular.
7. The wrist and forearm attachment of claim 1 wherein said first connector is a fixed or spinning eye loop.

8. The wrist and forearm attachment of claim 1 wherein said first connector is affixed to said handle.

9. The wrist and forearm attachment of claim 1 wherein said handle is rotatable about its longitudinal axis relative to said first connector.

10. The wrist and forearm attachment of claim 9 further comprising at least one strap connected to or connectable to said first end and a second end of said handle, said at least one strap having at least one second connector positioned on said strap for securing said handle to a resistance machine or resistance device.

11. The wrist and forearm attachment of claim 9 further comprising a plurality of straps connectable to said first end and a second end of said handle, each of said plurality of straps having at least one second connector positioned on said strap for securing said handle to a resistance machine or resistance device.

12. The wrist and forearm attachment of claim 11 wherein each of said plurality of straps has a different elasticity from other straps in said plurality of straps.

13. The wrist and forearm attachment of claim 11 wherein each of said plurality of straps has a different length from other straps in said plurality of straps.

14. The wrist and forearm attachment of claim 9 wherein said at least one strap passes through an opening in said at least one second connector.

15. The wrist and forearm attachment of claim 9 wherein said at least one second connector is rotatable about an axis that intersects said at least one strap.

16. The wrist and forearm attachment of claim 9 further comprising a strap which passes through said handle in a lengthwise direction, said strap having at least one second connector positioned on said strap for securing said handle to a resistance machine or resistance device.

17. The wrist and forearm attachment of claim 16 wherein said at least one strap passes through an opening in said at least one second connector.
18. The wrist and forearm attachment of claim 16 wherein said at least one second connector is rotatable about an axis that intersects said at least one strap.
19. The wrist and forearm attachment of claim 12 wherein said predetermined diameter of said handle is at least one inch.
20. The wrist and forearm attachment of claim 1 wherein said at least one first connector is detachable from said handle.
21. The wrist and forearm attachment of claim 1 wherein said handle is configured in the form of a piece of sporting equipment.
22. The wrist and forearm attachment of claim 20 wherein said piece of sporting equipment is selected from the group consisting of a golf club, a tennis racket, and a baseball, softball, or cricket bat.
23. A wrist and forearm attachment for use with a resistance machine or resistance device, comprising:
  - a handle for gripping by a user, said handle having a predetermined diameter and a predetermined length;
  - at least one first connector projecting from either a first end or second end of said handle for securing said handle to a resistance machine or resistance device; and
  - at least one strap connected to or connectable to said handle having a first portion extending from said first end of said handle and a second portion extending from a second end of said handle,
  - wherein said handle is rotatable about an axis passing lengthwise therethrough; and
  - at least one second connector positioned on said strap for securing said handle to a resistance machine or resistance device.

24. The wrist and forearm attachment of claim 23 wherein said at least one first connector includes at least two first connectors wherein a first of said at least one first connectors projects from a first end of said handle and a second of said at least two first connectors projects from a second end of said handle.
25. The wrist and forearm attachment of claim 23 wherein said at least one strap connected to or connectable to said handle is connected to said handle by having a portion which passes through said handle in a lengthwise direction.
26. The wrist and forearm attachment of claim 25 wherein said at least one second connector is rotatable about an axis that intersects said at least one strap.
27. The wrist and forearm attachment of claim 25 wherein said at least one strap passes through an opening in said at least one second connector.
28. The wrist and forearm attachment of claim 23 wherein said at least one strap connected to or connectable to said handle includes a plurality of straps connectable to said first end and a second end of said handle.
29. The wrist and forearm attachment of claim 28 wherein each of said plurality of straps has a different elasticity from other straps in said plurality of straps.
30. The wrist and forearm attachment of claim 28 wherein each of said plurality of straps has a different length from other straps in said plurality of straps.
31. The wrist and forearm attachment of claim 23 wherein said at least one first connector is detachable from said handle.
32. The wrist and forearm attachment of claim 23 wherein said handle is configured in the form of a piece of sporting equipment.
33. The wrist and forearm attachment of claim 32 wherein said piece of sporting equipment

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is selected from the group consisting of a golf club, a tennis racket, and a baseball, softball, or cricket bat.

34. The wrist and forearm attachment of claim 23 wherein said handle is at least six inches in length.

35. The wrist and forearm attachment of claim 23 wherein said handle is at least eight inches in length.